

## What's Special about *Sex and the Single Grandma*?

People have been dating more or less since Adam and Eve first strolled around the Garden of Eden, but things were much simpler then. If Eve were to age a few decades and navigate the dating world today, even walking around naked and offering up juicy apples, she might not make the perfect match.

Dating when you're over 50 is tough!

With women and men carrying around emotional and psychological baggage from previous relationships or perhaps never having learned how to communicate caringly and responsibly, there are a lot of roadblocks on the path to happily ever after.

But I believe that romance and love, even later in life are possible. I haven't given up.

I never thought I'd publish a book about dating after 50, but I started writing to help me process all of the highs and lows of the romantic experiences I never could have imagined I would have at this stage of my life.

And now I find that my book *Sex and the Single Grandma* has become a beacon for women—and even men, surprisingly—who are having similar experiences.

There isn't a lot of guidance out there, especially from a personal perspective. What you find from quick Google searches is often FAR from advice, and a shock to the senses: Sex after 50," "dating after 50," and other similar searches often yield porn websites, books, and paraphernalia. Wow! Even if it's not porn, it's often advice that isn't a personal fit.

What I was looking for when I first began dating after my divorce and several years after turning 50, was advice to make the dating process less disappointing and scary.

My book is one-person's experiences—my own—but if by sharing them, I can awaken, enlighten, or soothe anyone else out there on the same quest for love and connection as I am, I'll feel it was worth the roller coaster ride.

To be honest, I consider my book *Sex and the Single Grandma* a "dating recovery" memoir.

That's not to say that I have "recovered" by figuring it all out at the end and sailed off into the sunset with Mr. Right. Not at all. In my experience, there is no bit of dating advice that allows you to snap your fingers and summon just the right person at just the right time. Or know how to do that thing that will attract a man and capture his interest and make him respect you and do whatever else you wish he would.

The deepest truth that I have discovered is that each person has to go on her own journey and figure out what makes her tick and what she's looking for in a man. Then

she can seek out men and engage with them on the basis of who she really is and not who she thinks men or someone else wants her to be. For me, figuring that out is “dating recovery.”

Though I’m happy to share my experiences, I don’t consider myself a dating “expert.” I haven’t done research on the gestures, words, and attributes that help people connect. I haven’t surveyed thousands of people over 50 to distill their dating details.

Surprisingly (and gratifyingly), that’s why people like *Sex and the Single Grandma*: precisely because it doesn’t give advice or tell them what to do. It doesn’t make them feel judged if they don’t measure up to some “ideal” approach to dating. I don’t worry about being judged and as a result, rarely feel that I am, and certainly don’t judge others. I have learned that there is magic to being open about the things that I am afraid of.

The more I’ve talked about and written about my dating “adventures”—candidly—I have found that women welcome it, appreciate it—and see it as comforting (“I’ve been there, too”) or inspiring (I’ve been there, learned some hard lessons, then moved forward”). People also seem to laugh a lot at my stories and side notes, which allows them to not take their own dating disappointments so seriously.

Anybody who knows me or reads *Sex and the Single Grandma* understands that I am not and never will be the queen of dating. I bumble along and pretty much trip over every relationship obstacle that a person could. And, after the dust settles, I laugh at my mistakes. And pick myself up and do it again.

If there is a main takeaway from *Sex and the Single Grandma*, it’s that if Lynn Garson, who clearly is no Kim Kardashian, can do it, anyone can. Even while I view my own escapades as sometimes ill-conceived, I have a great deal of affection and compassion for the part of me that has made poor choices. I’m getting out there and trying. I’m not giving up. I have a great deal of hope for the future and retain a belief in the possibility of romance in my life. And ladies, I always have my best girlfriends on speed dial—just in case!